

Prior Learning		
Components of fitness	Skills and technique in a chosen sport	Rules, regulations and the scoring system of a chosen sport.



LEARNING JOURNEY – Component 2
Learning aim C

Ad Astra

We will be looking at Component 2 Learning aim C over the next 8 weeks. This assignment requires a 3-4 page lesson plan and 10 minute video. In this unit you will look at the components of a sports lesson and look at how to deliver these sessions to a group. You will understand how to deliver this to a younger group of students.

We will develop our learning each week by focusing on:				Prior	New	Skill	RAG Rate
Week 1 Key Learning: A successful sports session							
<ul style="list-style-type: none">Know the components of a sports session.Understand how to deliver the session. Thinking about the organisation and the equipment needed.							
Week 2 Key Learning: Justification of activities							
<ul style="list-style-type: none">Justification of the activities, consider the activities that are chosen in each session.							
Week 3 Key Learning Planning a training session							
<ul style="list-style-type: none">Practical lessons that look at how to structure a training session to ensure successful participation.							
Week 4 Key Learning Mini practical Assessment							
<ul style="list-style-type: none">Mini assessmentClose the gap and feedback given							
Week 5 Key Learning Mini theory Assessment							
<ul style="list-style-type: none">Mini assessmentClose the gap and feedback given							
Week 6 Key Learning Full Assessment							
<ul style="list-style-type: none">Full Assessment							
Week 7 Key Learning Full Assessment							
<ul style="list-style-type: none">Full Assessment							
Week 8 Key Learning Full Assessment							
<ul style="list-style-type: none">Full Assessment							
Key Vocabulary							
Identify		Explain		Analyse			
Future Learning (including real – life)							
Components of fitness	Leadership	Anatomy and physiology	Sports rules and regulations	Personal fitness		Exam technique	

Future Learning

What will we be learning in the future?
How could this unit help you in your future career?

Component 2 – You will know the components of fitness required to take part in different sports and physical activities. You will also research the rules and regulations for a sport and apply these to different situations in a game. You will also research the roles and responsibilities for the officials in that sport. Lastly you will be recorded taking part in a competitive sport and leading a lesson to a group of students.

Component 3 – You will learn how to design a training programme to suit an individual. You will look at how to measure fitness a person's fitness and what methods you can use to improve this.

Future Career – This unit will help with students who wish to pursue a career in sport. It is especially useful if you would like to be a teacher, coach, official or sports performer. You will learn about rules, regulations and scoring systems of a sport.